

QUICK REFERENCE GUIDE

Many standards in WISHA rules require employers to ensure workers are trained to do their jobs safely. If you want to know exactly what a requirement says, this Quick Reference Guide has been included for you. For greater detail, see "Be Trained! A Guide to WISHA's Safety and Health Training Requirements." *Editing Note: Bold () are small c; other () are small i.*

Accident Prevention Signs & Tags

Workers must be instructed that danger signs indicate immediate danger and caution signs indicate a possible hazard. Safety instruction signs must be used when there is a need for general safety instructions. For more information see:

Caution Signs	WAC 296-24-14005 (2)
Danger Signs	WAC 296-245-14005 (1)
Safety Instruction Signs	WAC 296-24-15005 (3)

Construction Safety Training & Education

Harmful Substances: Workers required to handle or use poisons, caustics, and other harmful substances must have instruction emphasizing hazards, personal hygiene, and personal protective measures.

Harmful Plants and Animals: At job sites where harmful plants or animals are present, workers must be instructed on possible hazards, injury avoidance, and first aid.

Flammable Liquids, Gases, Toxic Materials: Workers required to handle or use flammable liquids, gases, or toxic materials must be instructed on how to use and handle them safely.

Confined Spaces: All workers required to enter confined or enclosed spaces must be instructed about the hazards, precautions, and protective and emergency equipment.

For more information see:

Confined Spaces	WAC 296-809-100 through 800
Flammables etc.	WAC 296-24-69507, 70007
Harmful Plants, Animals	WAC 296-155-100 (3)
Harmful Substances	WAC 296-24-71521
Ventilation	WAC 296-24-71507

Electrical

Workers exposed to electrical shock hazards must be trained in safety requirements relevant to their jobs. Both qualified and unqualified persons must be trained. Qualified persons are trained to work on or near exposed energized parts; they must be able to determine exposed live parts, nominal voltage of exposed live parts, and safe clearance distances. Unqualified persons have not been trained to work on or near exposed energized parts.

For more information see:

WAC 296-45-065

Excavations

There are no specific excavation training requirements for workers. However, employers must ensure that workers recognize and control or eliminate worksite hazards. In addition a competent person must inspect an excavation daily for evidence of cave-in. A registered professional engineer must determine that excavations are a safe distance from existing structures and will not pose a hazard for workers. Support systems must be designed by qualified persons and inspected by a competent person.

For more information see:

Stability of Adjacent Structures	WAC 296-155-655 (9)
Protection for Workers	WAC 296-155-655 (10)
Inspections	WAC 296-155-655 (11)
Safety Training and Education	WAC 296-800-14020

Fall Protection

Workers exposed to fall hazards must be trained to recognize the hazard and to use procedures that will minimize them. Training must be done by a competent person who understands the following:

- The nature of fall hazards in the work area.
- Procedures for erecting, maintaining, disassembling and inspecting fall protection systems.
- Use of guardrail systems, personal fall arrest systems, safety net systems, warning line systems, safety monitoring systems and controlled access zones.
- The role of each worker in the safety monitoring system.
- Limitations of mechanical equipment during roofing work on low-sloped roofs.
- Procedures for handling and storing equipment and for erecting overhead protection.
- Workers' roles in fall protection plans.
- The requirements of the fall protection standard.

Certification: The employer must certify training for each worker, documenting the worker's name, the training date, and the trainer's signature.

Retraining: The employer must retrain any worker who does not have the skills required by this standard.

For more information see:

WAC 296-155-717

See page 97 for information on Stairways & Ladders in Construction in these Tool Box Talks

Hand & Power Tools

Only workers who have appropriate training are allowed to operate powder-actuated tools.

For more information see:

WAC 296-155-36321

Hazard Communications

This is the “employee’s right to know law.” Employers are required to provide workers with training and information on hazardous chemicals (and/or materials) in their work areas at the time they first come on to the job and whenever a new hazard is introduced. Training and information must cover the following:

- Hazard communication standard requirements
- Operations where hazardous chemicals are present
- The location and availability of the written hazard communications program
- Methods used to detect the presence or release of hazardous chemicals in the work area
- Hazards of chemicals in the work area
- How workers can protect themselves from chemical hazards, including spills or leaks from sealed containers
- The hazard communications program

For more information see:

Information and Training	WAC 296-800-17030
Information and Training	WAC 296-155-180
Leaks and Spills, Containers	WAC-296-800-17040
Leaks and Spills, Containers	WAC 296-155-100 (4)
Transmittal of Information	WAC 296-800-18005
Transmittal of Information	WAC 296-800-18010
Transmittal of Information	WAC 296-800-18015
Transmittal of Information	WAC 296-800-18020

Noise Exposure

Workers exposed to high noise levels must be fitted with hearing protectors. The employer must teach workers how to use and care for the protectors.

Training Program: The employer must have an annual training program for workers exposed to noise at or above an eight-hour time-weighted average of 85 decibels. Training must be consistent with changes in protective equipment and work processes.

For more information see: **WAC 296-817-2002**

Permit-Required Confined Spaces WAC 296-809-20002

Workers exposed to permit space hazards must have the understanding, knowledge, and skills necessary to perform assigned duties. Employers must provide training in the following situations:

- Before the duties are assigned;
- Before any changes in the assigned duties; and
- Whenever workers are deviating from entry procedures.

Certification: The employer must certify that workers accomplish required training. Certification must include each worker's name, signatures or initials of trainers, and training dates. The certification must be available for inspection by workers and their authorized representatives.

Rescue: The employer must ensure that each member of a rescue team is provided with and trained to use all equipment necessary for permit space rescues.

Each member of the team must be trained to perform assigned rescue duties; receive the training required for authorized entrants; and be trained in basic first-aid and in cardiopulmonary resuscitation (CPR).

At least one member of the rescue service holding current certification in first-aid and in CPR must be available. Attendants may enter a permit space to attempt rescue if they have been trained and equipped for rescue operations.

For more information see:

Certification	WAC 296-809-40004
Rescue	WAC 296-809-50014
Training	WAC 296-809-40002
Worker Proficiency	WAC 296-809-40004

Personal Protective Equipment (PPE)

Employers must provide training to workers who use PPE. Training must cover the following:

- When PPE is necessary
- What PPE is necessary
- How to put on, remove, adjust, and wear PPE
- The limitations of PPE
- Care, maintenance, and disposal of PPE

Each worker must understand the training and demonstrate the ability to use PPE properly.

Workers must be retrained when they can't demonstrate required skills and when there are changes in the workplace or in PPE that make previous training obsolete.

Certification: The employer must certify that workers have been trained. The certification must include the trainee's name, training dates, and the type of training received.

For more information see:

Certification	WAC 296-800-16035
Performing a Hazard Assessment	WAC 296-800-16005
Documentation	WAC 296-800-16010
Selection	WAC 296-800-16015
Providing PPE	WAC 296-800-16020
Training	WAC 296-800-16025

A written Job Hazard Analysis shall be made that details the type of work being performed, the part(s) of the body which require protection, and the PPE required.

Respirator Protection

Workers must be trained to use respirator protective equipment in dangerous atmospheres. Competent persons must do the training covering respirator selection, use, and maintenance. Trainers must provide users with the opportunity to handle the respirator, have it fitted properly, test its piece-to-face seal, wear it in normal air, and wear it in a test atmosphere.

Repair Work: Replacement or repairs must be done only by experienced persons. No attempt must be made to replace components or to make adjustments beyond the manufacturer's recommendations. Reducing or admission valves or regulators must be returned to the manufacturer (or to a trained technician) for repair.

For more information see:

Repair Work	WAC 296-842-17015
Training	WAC 296-842-16005

Safety Committees

All safety committee members must receive training in workplace hazard identification and effective accident and incident investigations.

Employers must compensate workers who participate in safety committee training at their regular hourly wage.

Site Clearing

Workers who do preconstruction site clearing must be instructed in first aid and protected from irritants and toxic plants.

For more information see:

WAC 296-155-625 (1) (i)

Stairways & Ladders in Construction

The employer must provide training for workers who use ladders and stairways during construction work. Workers must recognize ladder and stairway hazards and how to minimize the hazards. Workers must be trained by a competent person and must understand the following:

- Fall hazards in the work area.
- Procedures for erecting, maintaining, and disassembling fall-protection systems.
- Proper construction, use, placement, and care of stairways and ladders.
- Maximum intended load-carrying capacities of ladders.

For more information see:

Training Program **WAC 296-155-48060-1 (a)**

Training Requirements **WAC 296-155-48060-1 (b)**

**WISHA Recommended
Periodic Training and/or Certification**

<i>Topic</i>	<i>Frequency</i>	<i>Certification</i>
Acrylonitrile WAC 296-62-07336 (15)	Prior to exposure and retraining yearly	No
<u>Agriculture</u>		
Aerial Manlift WAC 307-27010 (3)	Prior to operation and retraining if required	Recommended
Anhydrous Ammonia WAC 296-307-40027 (1)	Prior to handling and retraining if required	Recommended
Bloodborne Pathogens WAC 296-62-08001 (7) (b)	Prior to exposure and retraining yearly	Recommended
Chemical Hazards WAC 296-307-55030	Prior to exposure and whenever new chemicals are introduced	No
Cherry Camp WAC 307-16325 (2) (a)	On hiring	No
Electrical WAC 296-307-37803	Prior to exposure and retraining if required	No
Field Sanitation WAC 296-307-09509	On hiring	No
Fire Protection WAC 296-307-34021	On hiring and retraining yearly	Recommended
First Aid WAC 296-307-03910	Every two years	Yes
General Safety WAC 296-307-018	On hiring	No
Guarding tools and equipment WAC 296-307-18015	On hiring and retraining yearly	No
Hazardous Material Clean-up WAC 296-62-3040	Prior to exposure and annual refresher	Yes
Hearing Conservation WAC 296-62-09035	Prior to exposure and annual refresher	Yes
Ladders WAC 296-307-05503	Prior to use	No
Lockout / Tagout WAC 296-307-32019	Prior to exposure and retraining if required	No

Agriculture (continued)		
LPG Installation, removal, operation, & maintenance WAC 296-307-41043	Prior to activity and annual refresher	No
New Hire Orientation WAC 296-307-030	On hiring	No
Personal Protective Equipment WAC 296-307-10025	On hiring	No
Pesticides WAC 296-307-12040	Prior to exposure	No
Pesticide Handler WAC 296-307-13025 (3) (d) (xiii)	Prior to exposure and retraining yearly	Yes
Powered Industrial Trucks WAC 296-307-52029	Prior to operation and within three years	Yes
Rim Wheel Service WAC 296-307-53005 (1)	On hiring	No
Roll Over Structures WAC 296-307-08018	Prior to operation and retraining yearly	No
Temporary Housing WAC 296-307-16125 (2) (a)	On hiring	No
Vehicles & Farm Equipment WAC 296-307-07005	Prior to operation	Valid Drivers License
Welding WAC 296-307-48001 (4)	Prior to activity	No
Ammonia Handling WAC 296-24-51009 (10) (a)	Prior to exposure	No
Asbestos (Anthophyllite) WAC 296-62-07722 (1)	Prior to exposure and retraining yearly	Yes
Asbestos Worker WAC 296-65-005	Prior to exposure and retraining yearly	Yes
Benzene WAC 296-62-07523 (10) (c)	Prior to exposure and retraining yearly	Recommended
Bloodborne Pathogens WAC 296-823-120	Prior to exposure and retraining yearly	No
Boom supported elevating work Platform WAC 296-24-87510 (18)	Prior to operation and retraining if required	Recommended
Butadiene	Prior to exposure and	Recommended

Cadmium WAC 296-62-07425 (4)	Prior to exposure and retraining yearly	Recommended
Chemical Hazard Communications (Package, Handle, React, Emit, Extract, Generate as a by-product, Transfer. WAC 296-800-17030	On hiring and whenever a new hazard is introduced in the work area	No
Coke Ovens WAC 296-62-200019	On hiring and retraining yearly	No
Commercial Diving WAC 296-37-520	On hiring and retraining if required	Recommended
Confined Spaces WAC 296-809-400	Prior to exposure and as needed	Yes

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Chemical Hazards WAC 296-800-170	On hiring/retraining as required	Recommended
Equipment Operation 296-155-035-2	Prior to use and as required	Recommended
Fall Protection WAC 296-155-24505 (4)	As necessary to maintain proficiency	No
First Aid WAC 296-155-120	Prior to activity	Valid Certificate
Flagger, Construction WAC 296-155-307 (7)	On hiring/retraining every three years	Yes
Ladder WAC 296-155-48060	On hiring/retraining if required	No
Lead Exposure WAC 296-155-17625 (1) (b)	Prior to exposure and retraining yearly	Yes
Occup. Health & Safety WAC 296-155-100 (1) (c)	On hiring/retraining if required	Recommended
Rigging, multiple lift WAC 296-155-717 (3)	As necessary to maintain proficiency	No
Rim Wheels WAC 296-155-6175 (1)	On hiring/retraining if required	No
Scaffold erection/dismantle WAC 296-155-493 (2)	Prior to use and retraining if required	Recommended
Scaffold use (working from) WAC 296-155-493 (1)	Prior to use and retraining if required	Recommended

Crane WAC 296-24-23529 (1)	Prior to operation and retraining if required or within three years	Yes
Crime Prevention, Late Night Retail WAC 296-832-200	On hiring and retraining yearly	No
Electrical, risk of shock WAC 296-24-970 (1)	Prior to exposure and retraining yearly	No
Electrical, work on/near exposed energized parts WAC 296-24-960	Prior to exposure and retraining yearly	No
Emergency Response Responder WAC 296-62-41021	On hiring/retraining if required	No
Equipment Operator, Ski Area WAC 296-59-015 (2)	On hiring/retraining if required	No
First Aid (general industry) WAC 296-800-15005	As necessary to maintain proficiency	Yes
Hazard Communication WAC 296-800-17030	Annual refresher including correct respirator wear	No
Hazardous Waste Operations 296-843-200	Prior to exposure and yearly recertification	Yes
Industrial Powered Lift Truck WAC 296-24-23025 (1)	Prior to operation and retraining if required or within three years	Recommended
LASER WAC 296-62-09005 (4) (f)	Prior to exposure and retraining yearly	No
Lockout/Tagout WAC 296-24-11005 (7) (c)	Prior to exposure and retraining yearly	No
Logging Operations WAC 296-54-507 (1)	On hiring/retraining if required	No
Mobile Equip. Operator, Ski Area WAC 296-59-090 (2) (b)	On hiring/retraining if required	No
New Employee Training and/or Orientation WAC 296-800-14020	On hiring	Recommended Sign-off on company policies
Noise Exposure WAC 296-817-2002	Annual, for each worker in a hearing conservation program	Yes

Permit-Required Confined Spaces WAC 296-809-40002	As necessary to maintain proficiency	No
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Portable Fire Extinguisher Use WAC 296-800-300	On hiring/retraining if required	No
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Powder Actuated Tools WAC 296-807-15005	As necessary to maintain proficiency	Yes
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Respirators WAC 296-842-16005	Prior to exposure and retraining yearly	No
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Robotics WRD 87-3	On hiring/retraining if required	No
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Sawmill Occup. Health & Safety WAC 296-78-515 (1) (c)	On hiring/retraining if required	Recommended
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Scaffold erection/dismantle WAC 296-24-86020 (2)	Prior to use and retraining if required	No
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Scaffold use (working from) WAC 296-24-86020 (1)	Prior to use and retraining if required	Recommended
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Self-propelled elevating work Platform WAC 296-24-87505 (14)	Prior to operation and retraining if required	Recommended
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Window Cleaning WAC 296-878-110	As necessary to maintain proficiency	No
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1,2-Dibromo-3-Chloropropane WAC 62-07342 (15) (a)	Prior to exposure and retraining if required	No
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**WISHA Required
Periodic Training and/or Certification**

Personal Protective Equipment WAC 296-800-160	On hiring/retraining if required	Yes
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No specific WISHA training Required

Textile Industry WAC 296-301
Bakery Equipment WAC 296-302
Laundry Machinery and Operations WAC 296-303